



MANAGING YOUR DIABETES

- Check your blood sugar every morning before you eat anything. If you work a night or swing shift, check your blood sugar when you wake up from your longest period of sleep. The goal is < 120 .
- If your provider asks you to check it after eating, it should be 1-2 hours after the start of the meal. The goal is < 180 .
- Write down your blood sugar results! If you do not have a log book, you can also use a small pocket calendar. *BRING YOUR LOG BOOK TO EVERY APPOINTMENT.*
- Your provider may also have blood sugar goals that are designed just for you that are different from (or added to) these goals.
- Check your feet daily for redness, tenderness, open wounds, or corns/callouses. If you have an open wound on your foot, you need to have your provider examine it as soon as possible.
- If you have any unusual symptoms such as increased thirst, urinating more frequently, blurred vision or other sudden vision changes, or tingling/burning/numbness in your hands and/or feet, write these symptoms in your blood sugar log and tell your provider.
- You need to have an eye examination of the back of your eye every year, even if your vision has not changed. This is to look for changes in the back of the eye caused by your diabetes. We offer these retinal exams at Hope.
- Questions about diet? Ask your provider! Many questions can also be answered by this website: www.diabetes.org/food-and-fitness/food/what-can-i-eat/?loc=ff-slabnav
- Exercise is important! It helps your body use insulin more effectively and lowers your blood sugar. It can start as simply as a daily brisk walk for 10-15 minutes.
- One of the blood tests done by your provider is called the Hemoglobin A1C. This tells us what your sugars have been (on average) for the three months leading up to the test. An A1C of $< 7\%$ means that your diabetes is well controlled.
- We will also periodically do urine tests to check for the presence of protein. This tells us if your diabetes is starting to affect your kidneys.
- Stay current on your vaccinations (including the flu shot). Diabetes can hurt your body's ability to fight infections. Getting all your shots helps keep you healthy.

MY CURRENT HEMOGLOBIN A1C (date/results): _____

DATE OF MY LAST EYE EXAM: _____

MY NEXT LAB TESTS SHOULD BE IN: 1 month 3 months 6 months

MY NEXT APPOINTMENT SHOULD BE IN: 1 month 3 months 6 months